

Hours of Operation
Monday-Friday: 0600-2000
Sat/Sun/Holidays: 0700-1700

USAFA Aerobic Schedule
April 2026

5234 Aspen Drive
 USAF Academy, CO 80840
 719-333-4522

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	0900 Zumba World - Juanita 1000 Zumba - Robin 1100 Boot Camp - Robin 1400 Yoga - Mia 1700 Zumba - Juanita	0900 Zumba - Juanita 1000 Muscle Pump - Robin 1100 Latin Dance - Robin 1200 Pilates - Silvia	1 0900 Yoga Strength – Mia 1000 Zumba - Robin 1300 Zumba World - Juanita 1700 Vinyasa Yoga – Mia	2 0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1300 Zumba - Noriko 1400 Yoga - Mia	3 0900 TRX - Robin 1000 Zumba - Raquel 1100 Yoga - Mia	4 1000 Yoga - Lance
5	6 0900 Zumba World - Juanita 1000 Zumba - Robin 1100 Boot Camp - Robin 1400 Yoga - Mia 1700 Zumba - Juanita	7 0900 Zumba - Juanita 1000 Muscle Pump - Robin 1100 Latin Dance - Robin 1200 Pilates - Nanette	8 0900 Yoga Strength – Mia 1000 Zumba - Robin 1300 Zumba World - Juanita 1700 Vinyasa Yoga – Mia	9 0930 Yoga Strength- Nanette 1100 Zumba - Juanita 1300 Zumba - Noriko 1400 Yoga - Mia	10 0900 TRX - Robin 1000 Zumba - Juanita 1100 Yoga - Mia	11 1000 Yoga - Lance
12	13 0900 Zumba World - Juanita 1000 Zumba - Robin 1100 Boot Camp - Robin 1400 Yoga - Mia 1700 Zumba - Juanita	14 0900 Zumba - Juanita 1000 Muscle Pump - Robin 1100 Latin Dance - Robin 1200 Pilates - Nanette	15 0900 Yoga Strength – Mia 1000 Zumba - Robin 1300 Zumba World - Juanita 1700 Vinyasa Yoga – Mia	16 0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1300 Zumba - Noriko 1400 Yoga - Mia	17 0900 TRX - Robin 1000 Zumba - Raquel 1100 Yoga - Mia	18 1000 Yoga - Lance
19	20 0900 Zumba World - Juanita 1000 Zumba - Robin 1100 Boot Camp - Robin 1400 Yoga - Mia 1700 Zumba - Juanita	21 0900 Zumba - Juanita 1000 Muscle Pump - Robin 1100 Latin Dance - Robin 1200 Pilates - Silvia	22 0900 Yoga Strength – Mia 1000 Zumba - Robin 1300 Zumba World - Juanita 1700 Vinyasa Yoga - Mia	23 0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1300 Zumba - Noriko 1400 Yoga - Mia	24 0900 TRX - Robin 1000 Zumba - Raquel 1100 Pilates – Silvia	25 1000 Yoga - Lance
26	27	28	29	30		

	0900 Zumba World - Juanita 1000 Zumba - Robin 1100 Boot Camp - Robin 1400 Yoga Fusion- Nanette 1700 Zumba - Juanita	0900 Zumba - Juanita 1000 Muscle Pump - Robin 1100 Latin Dance - Robin 1200 Pilates - Silvia	0900 Yoga Strength – Mia 1000 Zumba - Robin 1300 Zumba World - Juanita 1700 Vinyasa Yoga – Stephanie	0930 Body Sculpt - Silvia 1100 Zumba - Juanita 1300 Zumba - Noriko 1400 Yoga - Mia		